



# Great South Bay YMCA Winter 2021 Schedule

Session Runs February 8—April 17

Contact: Lisa McKeown (516) 344-6717 or [Lisa.McKeown@ymcali.org](mailto:Lisa.McKeown@ymcali.org)

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CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SWIM LESSONS</b>						
Stage A/B: Water Discovery & Exploration Infant & Toddler (6 months-3 years)		6:00-6:30pm	11:00-11:30am	10:15-10:45am	10:15-10:45am	11:15-11:45am
Stage 1: Water Acclimation Preschool (3-5 years)	10:15-10:45am			6:00-6:30pm	1:00-1:30pm	9:45-10:15am
Stage 1: Water Acclimation School Age (5-12 years)	6:00-6:30pm			4:15-4:45pm	3:30-4:00pm	10:30-11:00am
Stage 2: Water Movement Preschool (3-5 years)	10:15-10:45am	10:15-10:45am 6:00-6:30pm				10:30-11:00am
Stage 2: Water Movement School Age (5-12 years)	6:00-6:30pm			4:15-4:45pm	3:30-4:00pm	11:15-11:45am
Stage 3: Water Stamina Preschool (3-5 years)	1:00-1:30pm			6:00-6:30pm	2:00-2:30pm	9:45-10:15am
Stage 3: Water Stamina School Age (5-12 years)			4:15-4:45pm	6:45-7:15pm		9:00-9:30am
Stage 4: Stroke Introduction Preschool (3-5 years) School Age (5-12 years)	6:45-7:15pm	4:15-4:45pm	4:15-4:45pm	3:30-4:00pm	4:15-4:45pm	12:00-12:30pm
Stage 5: Stroke Development School Age (5-12 years)	6:00-6:30pm			6:45-7:15pm	4:15-4:45pm	9:00-9:30am
Stage 6: Stroke Mechanics School Age (5-12 years)	6:00-6:30pm			6:45-7:15pm	4:15-4:45pm	9:00-9:30am
Beginner Pre-Swim Team (45 minutes)		6:45-7:30pm				
Lifeguard Prep (45 minutes)						1:00-1:45pm
Swim Basics Teen (12-17 years)	6:45-7:30pm					
Sensational Swim Special needs			6:00-6:30pm 7:00-7:30pm			



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CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ADULT PROGRAMS</b>						
Swim Strokes Adult (17 & over) (45 minutes)		6:45-7:30pm		9:15-10:00am		
<b>WATER FITNESS</b>						
Water Slimnastics	9:15-10:00am			9:15-10:00am	9:15-10:00am	
Aqua Jog		9:15-10:00am				
AFYAP	1:00-1:45pm		1:00-1:45pm			
Senior Shape Up		1:00-1:45pm		1:00-1:45pm		
Power Water Walking	11:00-11:45am		9:00-9:45am			
Aqua Balance			10:00-10:45am			

## SWIM LESSONS— 9 WK SESSION

Classes meet once a week

30 minute class Full \$135 Program \$170  
 45 minute class Full \$150 Program \$185

## WATER FITNESS 9 WK SESSION

Full \$135 Program \$270  
 No Drop in

## PRIVATE SWIM LESSONS

4-pk (30 minutes) \$220  
 8-pk (30 minutes) \$400

## SEMI-PRIVATE LESSONS

2-3 participants; similar age & ability, same family

4-pk (30 minutes) \$360  
 8-pk (30 minutes) \$670